NOTE

Thank you for purchasing the SPIRIT F7600 treadmill. Please read carefully through all the precautions and instructions in this manual before using this equipment and keep this manual for your future reference.

SERVICE CENTRE NUMBER

For immediate help with assembly or for additional product information, please call our service center.

(DBN)
031 702 5784
(JHB)
011 079 0000
(CT)
021 934 0862
(PE)
041 487 0573

please have your model name ready when you call us.

MAXIMUM USER WEIGHT

130kg

SPIRIT

F7600 TREADMILL

INSTRUCTION AND USER'S MANUAL

10155

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SAFETY PRECAUTIONS

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation. Also, please note the following safety precautions:
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times whilst exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to ensure a safe dismount and low speed restart.
    a. To disconnect, turn all controls to the off position, then remove plug from outlet.
    b. Use the treadmill only for it is intended use as described in this manual.
    c. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
    d. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.

    e. Start your program slowly and very gradually increase your speed and distance.
    f. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
    g. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.

SAFETY PRECAUTIONS

h. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised should not to play with the treadmill.

WARNING

Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

PRE ASSEMBLY CHECK LIST

SPECIFICATIONS

- Drive Motor: 2.5 hp
- Speed Range: 1 – 18 kmph
- Running Surface: 510 m/m x 1400 m/m
- Incline Level: 0-15 Levels
- Folding Design: Yes

Getting started:

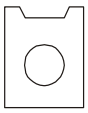
The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise.

You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

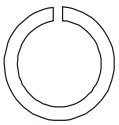
MAX.USER WEIGHT 150 KGS

ASSEMBLY PACK CHECK LIST

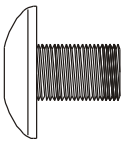
#140. M5 × 10 m/m
Phillips Head Screw (8 pcs)



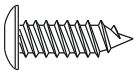
#128. M5
Speed Nut Clip (6pcs)



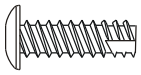
#113. Ø10
Split Washer (4pcs)



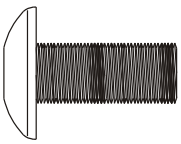
#130. 5/16" × 1/2"
Button Head
Socket Bolt (8 pcs)



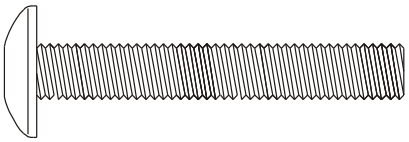
#119. 3.5 × 12 m/m
Sheet Metal Screw (4 pcs)



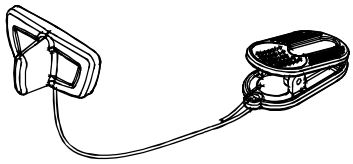
#120. 5 × 16 m/m
Tapping Screw (6 pcs)



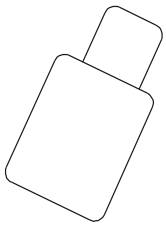
#159. 5/16" × 3/4"
Button Head Socket Bolt (4pcs)



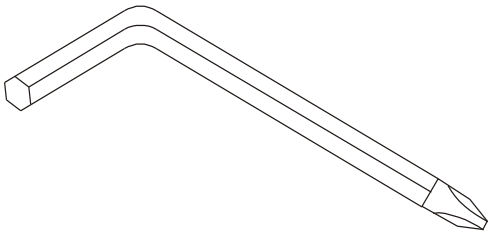
#139. 3/8" × 1-3/4"
Button Head Socket Bolt (4pcs)



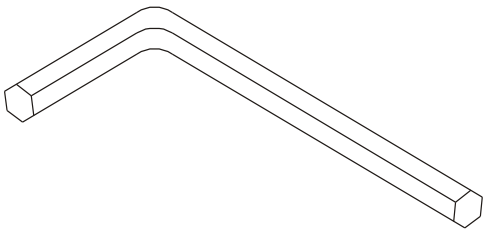
#75.Ellipse Safety Key (1pc)



#134.Lubricant (1pc)



#131. Combination M5 Allen Wrench
& Phillips Head Screw Driver(1 pc)



#132.M6 Allen Wrench (1pc)

PART LIST

PART NUMBER	PART DESCRIPTION	QTY PER UNIT
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Deck Cross Brace	1
8	Outer Slide	1
9	Inner Slide	1
10	Link	1
11	Link Shaft	1
12	Shaft Bushing	2
13	Fastening Bracket	2
14	Clevis Pin	1
15	Fastening Bushing	1
16	Dual Torsion-Spring	1
17	Release Lever	1
18	ChenChin Torsion-Spring	1
19	Cylinder	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~2	Magnet	2
22	Rear Roller	1
23	Running Deck	1
24	Running Belt	1
25	PVC Handgrip	2
26	Handrail Support	1
27	Steel Cable Tension Spring	1
28	Wire Clamp	1
29	Wire Tie Mount	8
30	Motor Bottom Cover	1
31	Steel Cable	1
34	Motor	1
35	Incline Motor	1
36	Motor Controller	1
37	800m/m_Speed Cable (Upper)	1
38	800m/m_Incline Cable (Upper)	1
39	Handpulse Assembly	2
39~2	650m/m_Handpulse Wire, Coiled	1
39~3	Handpulse Top Cover	2
39~4	Handpulse Bottom Cover	2
39~5	Handpulse End Cap	2
40	1200m/m_Sensor W/Cable	1
41	Breaker	1
42	Power Socket	1
43	On/Off Switch	1
44	Power Cord	1
45	100mm 764 764_Connecting Wire (Black)	1
46	300mm 764 764_Connecting Wire (White)	1
47	300mm 764 764_Connecting Wire (Black)	1

PART LIST

PART NUMBER	PART DESCRIPTION	QTY PER UNIT
48	800m/m_Computer Cable (Upper)	1
49	1150m/m_Computer Cable (Lower)	1
50	1200m/m_Computer Cable (Middle)	1
52	Console	1
52~1	Console Top Cover	1
52~2	Console Bottom Cover	1
52~3	INCLINE Key	1
52~4	SPEED Key	1
52~5	Drink Bottle Holder (L)	1
52~6	Drink Bottle Holder (R)	1
52~7	STOP Key	1
52~8	START Key	1
52~14	Front Console Cover (Top)	1
52~15	Front Console Cover (Bottom)	1
52~16	300m/m_Safety Switch Module W/Cable	1
52~17	Fan Assembly (Optional)	1
52~18	Deflector Fan Grill	1
52~19	Anchor	3
52~20	550m/m_Speaker W/Cable (Optional)	1
52~21	200m/m_Speaker W/Cable (Optional)	1
52~22	Amplifier Controller (Optional)	1
52~23	300m/m_Sound Board (Optional)	1
52~24	500m/m_Sound Board (Optional)	1
52~25	Receiver, HR Assembly (Optional)	1
52~27	Speaker Iron Net (L)	1
52~28	Speaker Iron Net (R)	1
52~30	Badge, Console	1
52~31	600m/m_Amplifier Cable (Optional)	1
52~32	3 10m/m_Sheet Metal Screw	2
52~33	400m/m_Console Ground Wire	1
52~34	STOP Key-TPR	1
52~35	START Key-TPR	1
52~36	Lower Controller Button – TPR	1
52~37	Button Frame	1
52~38	Fan Grill Anchor	3
52~39	3 8m/m_Sheet Metal Screw	6
52~40	Speaker Grill Anchor (Optional)	6
53	Motor Top Cover	1
54	300m/m_Speed Adjustment Switch W/Cable	1
55	300m/m_Incline Adjustment Switch W/Cable	1
56	Cushion	6
57	Ø75 35L_Transportation Wheel	2
58	Ø62 Ø32 30L_Transportation Wheel	2
59	Square End Cap	2
60	300m/m_Foot Rail	2
61	615m/m_Foot Rail	2
62	Frame Base Cover (L)	1
63	Frame Base Cover (R)	1
64	Left Connecting Cap (Top)	1
65	Left Connecting Cap (Bottom)	1

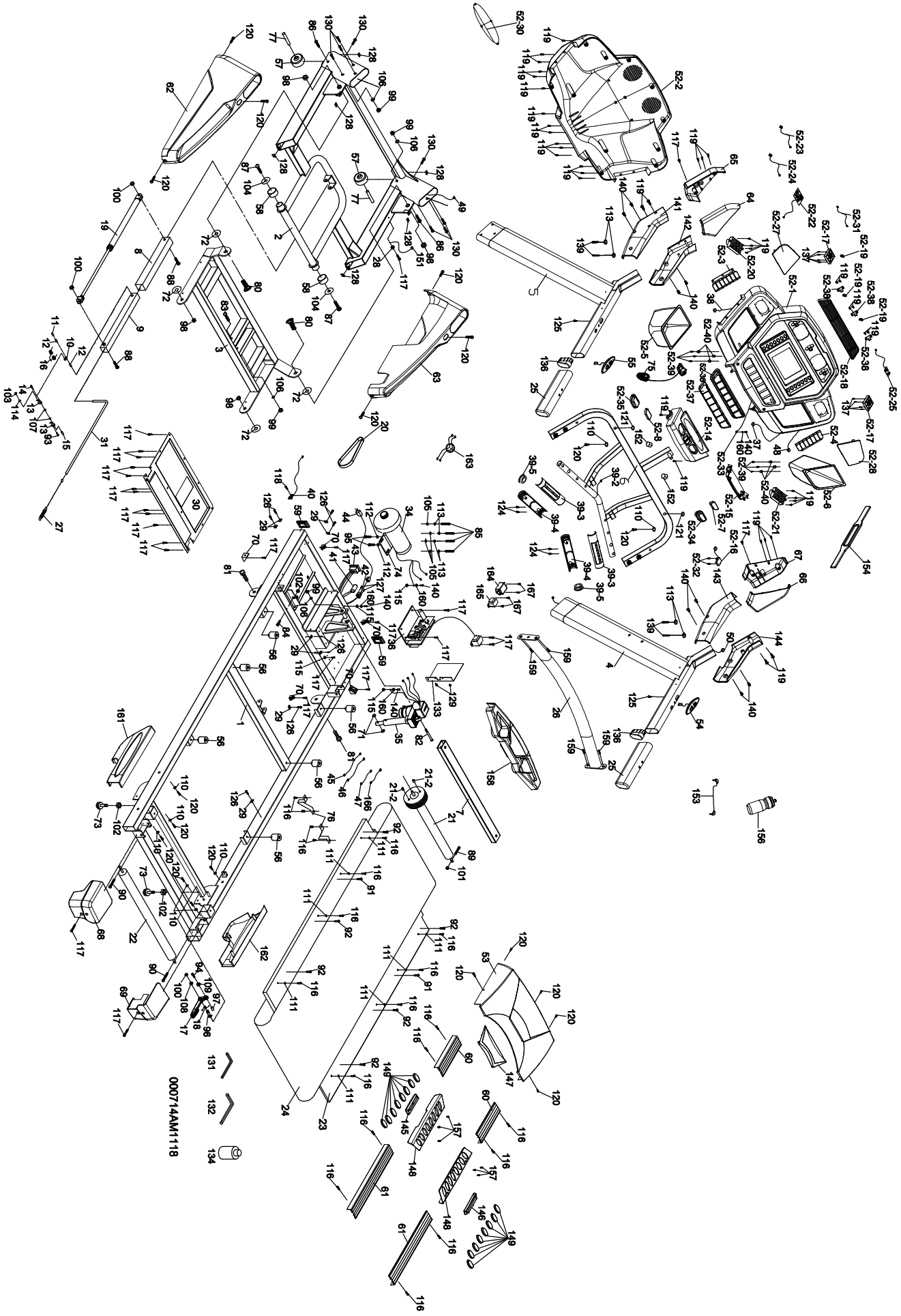
PART LIST

PART NUMBER	PART DESCRIPTION	QTY PER UNIT
66	Right Connecting Cap (Top)	1
67	Right Connecting Cap (Bottom)	1
68	Rear Adjustment Base (L)	1
69	Rear Adjustment Base (R)	1
70	Motor Cover Anchor	5
71	Ø10 Ø24 3T_Nylon Washer(A)	2
72	Ø50 Ø13 3T_Nylon Washer(B)	4
73	Adjustment Foot Pad	2
74	Motor Bracket	1
75	800m/m_Trapezoidal Safety Key	1
76	Belt Guide	2
77	Wheel Sleeve	2
80	1/2" 1-1/4"_Carriage Bolt	2
81	1/2" 1"_Hex Head Bolt	2
82	3/8" 4-1/2"_Socket Head Cap Bolt (Alloy Steel)	1
83	3/8" 3-3/4"_Hex Head Bolt	1
84	3/8" 1-1/2"_Hex Head Bolt	1
85	3/8" 3/4"_Hex Head Bolt	4
86	3/8" 2"_Flat Head Socket Bolt	2
87	5/16" 1"_Button Head Socket Bolt	2
88	5/16" 2-3/4"_Button Head Socket Bolt	2
89	M8 60m/m_Hex Head Bolt	1
90	M8 80m/m_Socket Head Cap Bolt (Alloy Steel)	2
91	M8 50m/m_Flat Head Countersink Bolt	2
92	M8 25m/m_Flat Head Countersink Bolt	6
93	M3 10m/m_Phillips Head Screw	1
94	M5 20m/m_Phillips Head Screw	1
95	M8 12m/m_Hex Head Bolt	2
96	5/16" 42 m/m_Button Head Socket Bolt	1
97	M5_Nyloc Nut	1
98	1/2"_Nyloc Nut	4
99	3/8"_Nyloc Nut	4
100	5/16"_Nyloc Nut	3
101	M8_Nyloc Nut	1
102	3/8"_Nut	3
103	M3_Nut	1
104	Ø35 Ø5/16" 1.5T_Flat Washer	2
105	Ø25 Ø10 2.0T_Flat Washer	4
106	Ø19 Ø10 1.5T_Flat Washer	4
107	Ø5 Ø10 1.0T_Flat Washer	2
108	Ø5/16" Ø18 1.5T_Flat Washer	1
109	Ø5 Ø13 1.0T_Flat Washer	1
110	Ø1/4" 19 1.5T_Flat Washer	8
111	Ø6.5 Ø25 1.5T_Concave Washer	8
112	M8_Split Washer	2
113	Ø10_Split Washer	8
114	M3_Split Washer	1
115	M5_Star Washer	4
116	4 12m/m_Sheet Metal Screw	20
117	5 16m/m_Tapping Screw	27

PART LIST

118	5 19m/m_Tapping Screw	1
119	3.5 12m/m_Sheet Metal Screw (8pcs Optional)	41
120	5 16m/m_Tapping Screw	19
121	Ø13 Ø32 2.5T_Flat Washer	2
124	3 12 m/m_Tapping Screw	4
125	4 50m/m_Sheet Metal Screw	2
126	3.5 16 m/m_Tapping Screw	8
127	3 10 m/m_Sheet Metal Screw	2
128	M5_Speed Nut Clip	6
129	3 8m/m_Sheet Metal Screw	2
130	5/16" 1/2"_Button Head Socket Bolt	8
131	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
132	M6_Allen Wrench	1
133	Controller Back Plate	1
134	Lubricant	1
136	Handgrip End Cap	2
137	3.5 32m/m_Sheet Metal Screw (Optional)	8
139	3/8" 1-3/4"_Button Head Socket Bolt	4
140	M5 10m/m_Phillips Head Screw	12
141	Left Handgrip Side Cap (L)	1
142	Left Handgrip Side Cap (R)	1
143	Right Handgrip Side Cap (L)	1
144	Right Handgrip Side Cap (R)	1
145	Cushion Spacer (L)	1
146	Cushion Spacer (R)	1
147	Top Motor Cover Plate	1
148	Pedal Cover (Top)	2
149	Pedal Cover (Bottom)	16
151	1000m/m_Ground Wire	1
152	13m/m_Bolt Cap	2
153	400m/m_Audio Cable (Optional)	1
154	Chest Strap (Optional)	1
156	Drink Bottle (Optional)	1
157	3.5 18m/m_Sheet Metal Screw	6
158	Beverage Holder	1
159	5/16" 3/4"_Button Head Socket Bolt	4
160	M5_Split Washer	4
161	LOGO Cover (L)	1
162	LOGO Cover (R)	1
163	600m/m_Connecting Cable Of Motor	1
164	Filter	1
165	Choke	1
166	200m/m_Connecting Wire (White)	1
167	4 16m/m_Tapping Screw	4

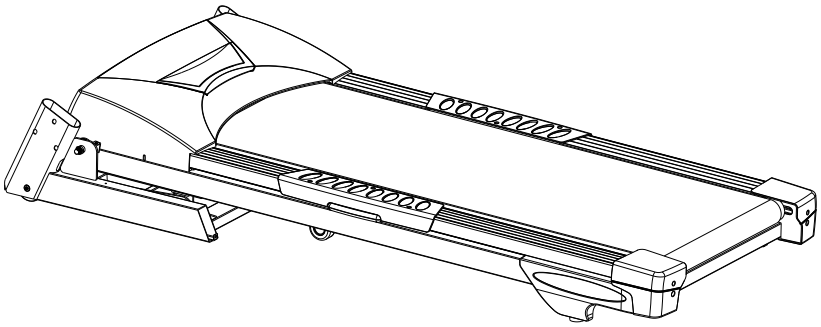
EXPLODED DIAGRAM



ASSEMBLY INSTRUCTION

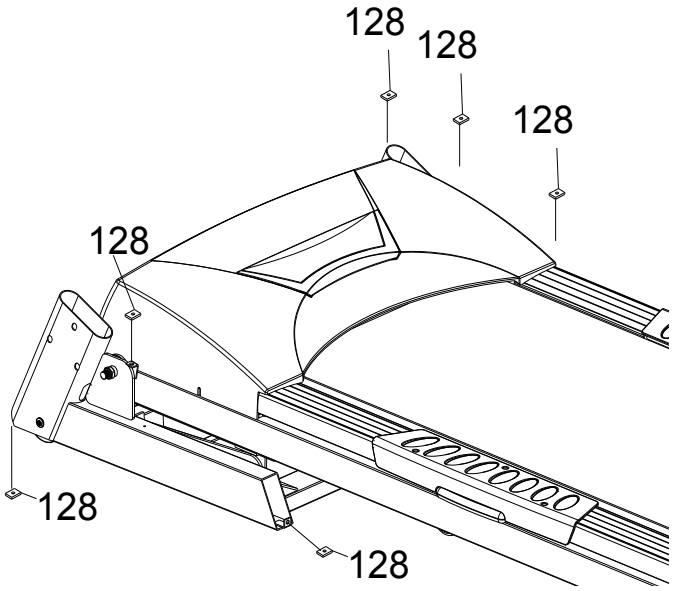
STEP 1

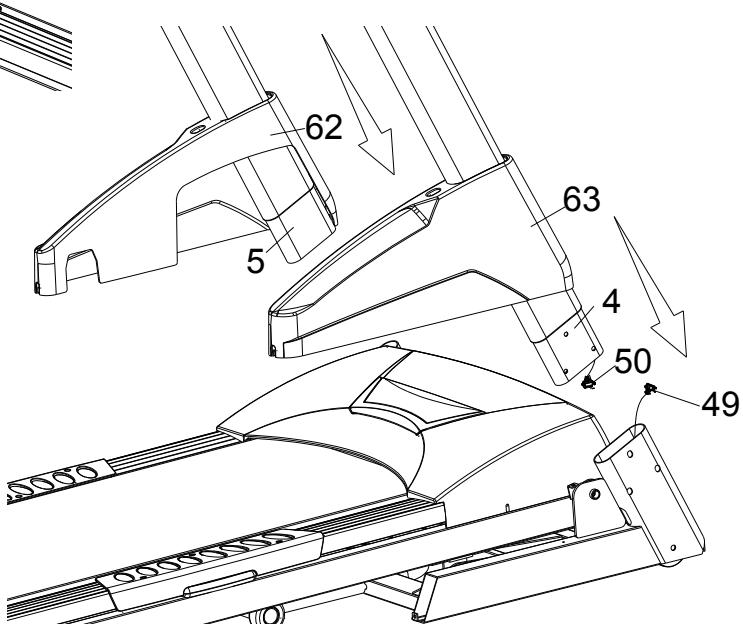
- Remove the unit from the box and put it on a flat and level floor.



STEP 2

- Locate 6 pcs of M5 Speed Nut Clips(128), which are included in the hardware kit, at the front and each side of the unit as shown below and guide Right and left Uprights (4) and (5) go through Frame Base Cover (L) and (R), (62) and (63), respectively, as shown further below. Connect Computer Cable (Lower) (49) with Computer Cable (Middle) (50).

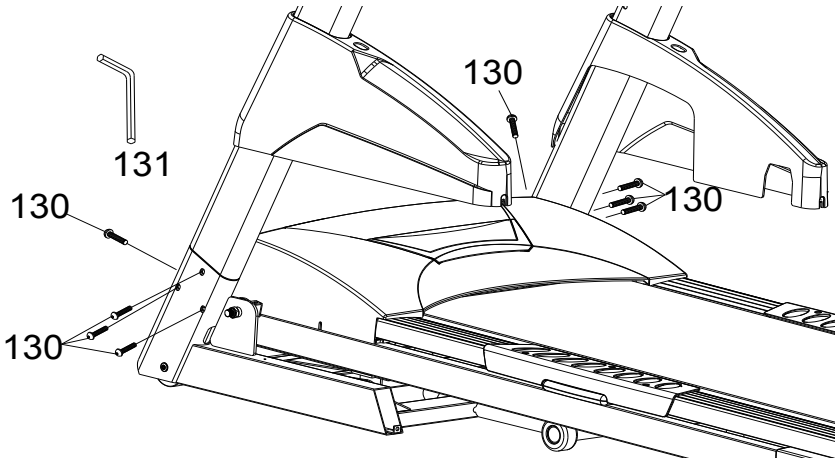




ASSEMBLY INSTRUCTION

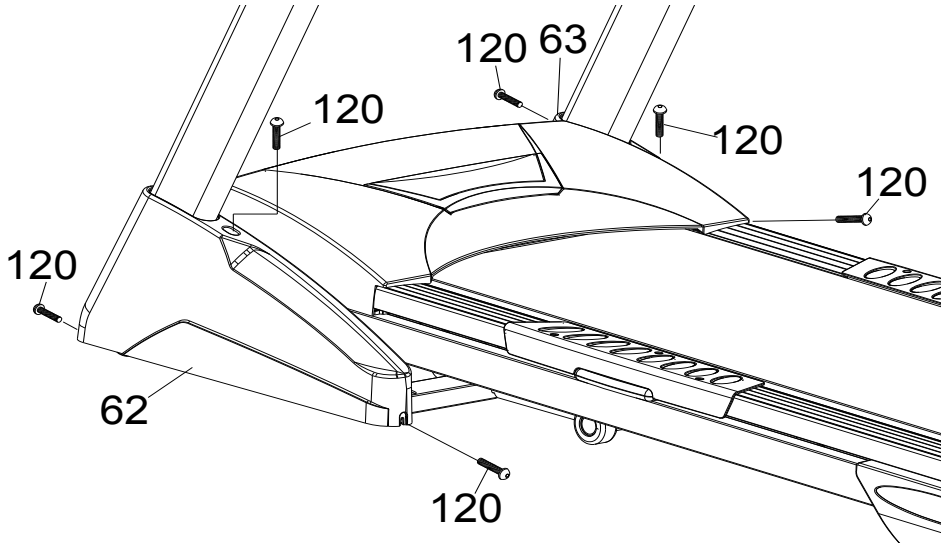
STEP 3

- Install the upright tubes (4 & 5) into the Frame Base (2) with the 8pcs of 5/16”x1/2” Button Head Socket Bolts (130) using the Combination M5 Allen Wrench & Phillips Head Screw Driver.



STEP 4

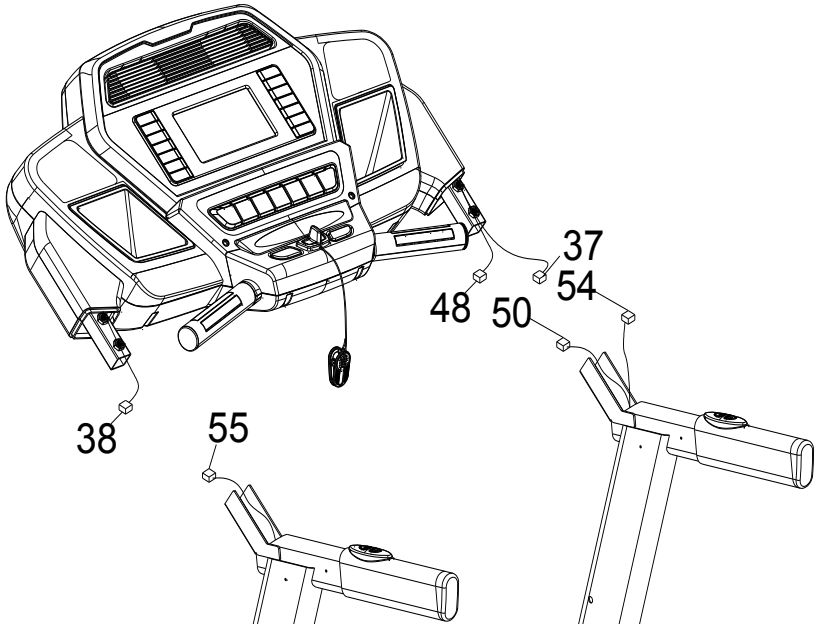
- Install Frame Base Cover (L) and (R),(62) and (63), on the Frame Base (2) and secure with 6 pcs of 5×16mm Tapping Screws (120) by using Combination M5 Allen Wrench & Phillips Head Screw Drive (131).



ASSEMBLY INSTRUCTION

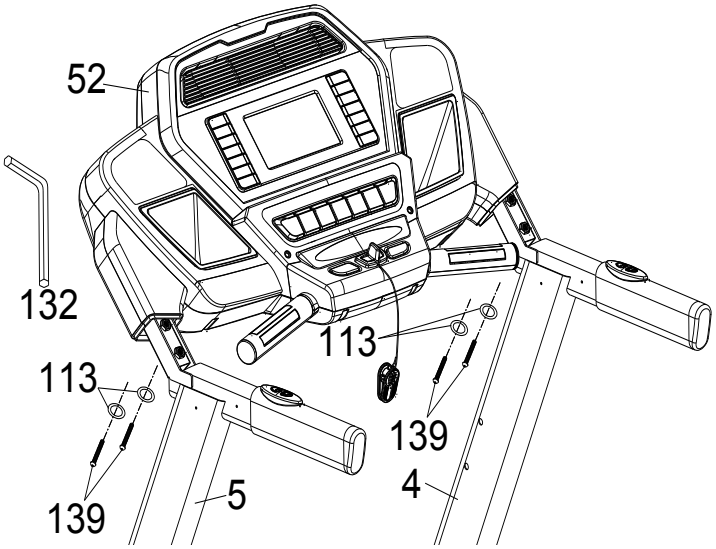
STEP 5

- Connect Speed Adjustment Switch W/Cable (54) with Speed Cable (Upper) (37), Incline Adjustment Switch W/Cable (55) with Incline Cable (Upper) (38) and Computer Cable (Middle) (50) with Computer Cable (Upper) (48), respectively.



STEP 6

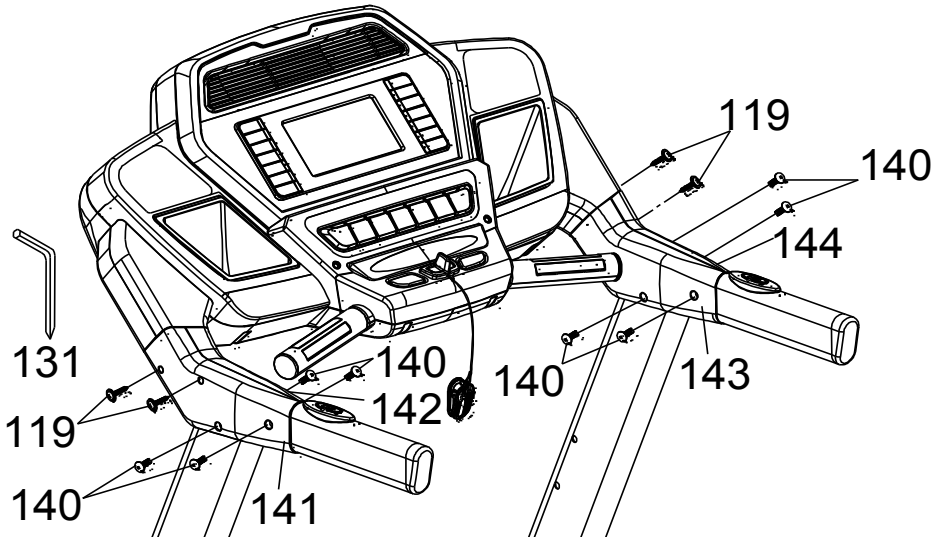
- Insert Console (52) into right and left Uprights (4) and (5) and secure with 4 pcs of 3/8”x1- 3/4” Button Head Socket Bolts (139) with 4 pcs of Ø10 Split Washers (113) by using M6_Allen Wrench (132).



ASSEMBLY INSTRUCTION

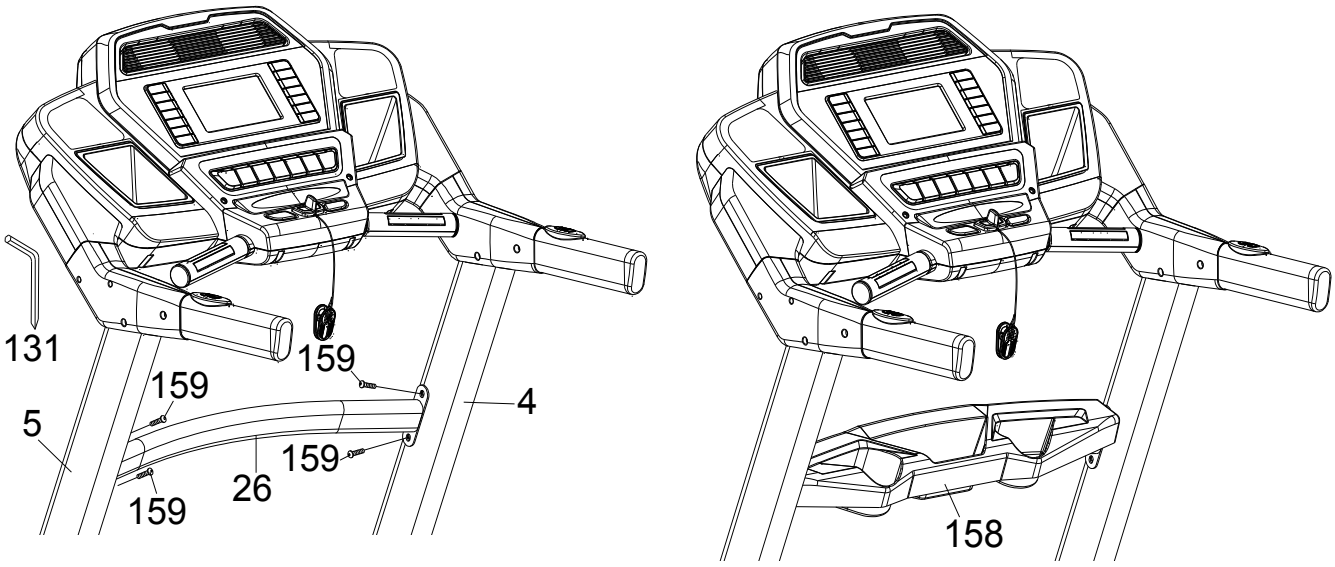
STEP 7

- Install Left Handgrip Side Cap (L), (141), Left Handgrip Side Cap (R), (142), Right Handgrip Side Cap (L), (143) and Right Handgrip Side Cap (R), (144) on left and right Uprights (5), (4) and Console Support (6), respectively. Then secure with 8 pcs of M5x 10m/m Phillips Head Screws (140) and 4 pcs of 3.5x12m/m Sheet Metal Screws (119) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (131).



STEP 8

- Install Handrail Support (26) between left and right Uprights (5) and (4) and use Combination M5 Allen Wrench & Phillips Head Screw Driver (131) to tighten 4 pcs of 5/16” x3/4” Button Head Socket Bolts (159). Put Beverage Holder (158) on the Handrail Support.



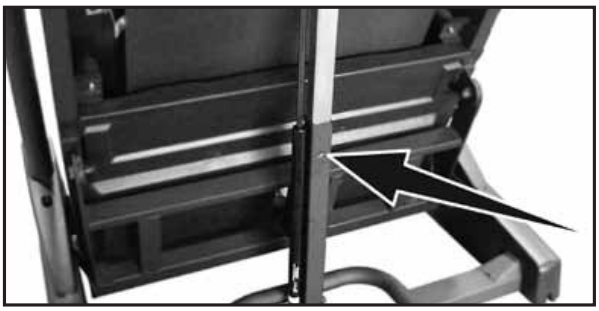
NOTE: Please Tighten All Screws After All Components Assembly Complete.

FOLDING INSTRUCTIONS

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

• TO FOLD THE TREADMILL

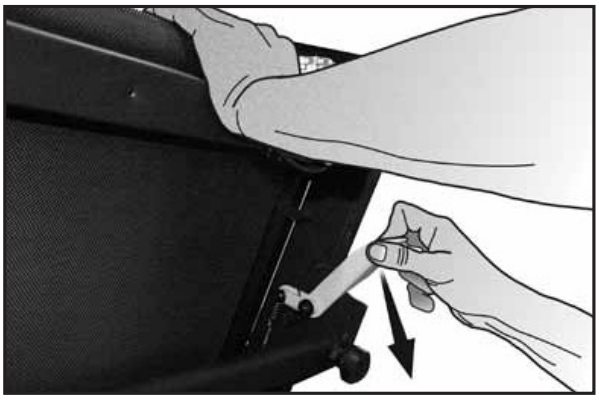
Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.



• TO UNFOLD THE TREADMILL

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

*At the rear roller area to relieve pressure on the locking system.



TRANSPORTATION INSTRUCTIONS

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

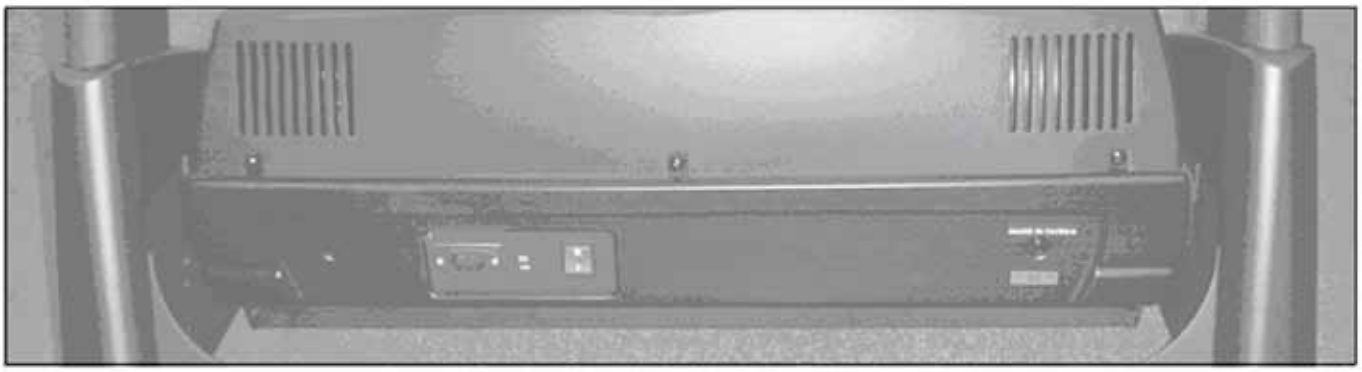
OPERATION OF YOUR TREADMILL

Getting familiar with the control panel

- **CONSOLE**

GETTING STARTED CONSOLE :

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

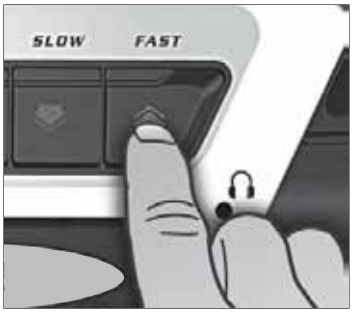


When the power is turned on a message will scroll across the dot matrix showing the current software version. Then the Time and Distance windows will display Odometer readings for a short time.TheTime window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

OPERATION OF YOUR TREADMILL

QUICK-START OPERATION

1. Attach the Safety Key to wake the display up (if not already on).
2. Press the Start key to begin belt movement then adjust to the desired speed using the Fast / Slow keys (console or handgrip). You may also use the Quick speed keys 2, 4, 6, 8 or 12 to adjust the speed.
3. To slow thetread-belt press and hold the Slow key (console or handgip) to the desired speed. You may also press the Quick speed adjust keys, 2 through 12.
4. To stop the tread-belt press Stop key or pull away Safety Key.



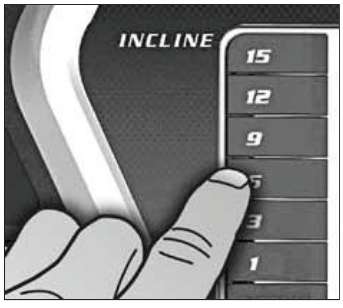
PAUSE/STOP/RESET FEATURE

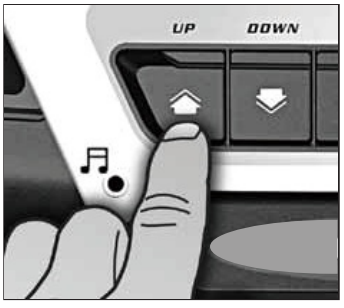
1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the Start key. The speed and incline will return to their previous settings.

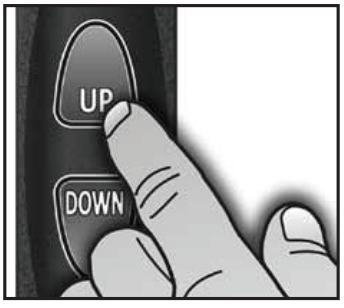
• Pause is executed when the Stop button is pressed once. If the Stop button is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

1. Incline may be adjusted anytime after belt movement.
2. Press and hold the Up / Down keys (console or handgrip) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 1, 3, 6, 9, 12, 15, on left hand side of console (incline).
3. The incline window display will indicate incline position as adjustments are made.

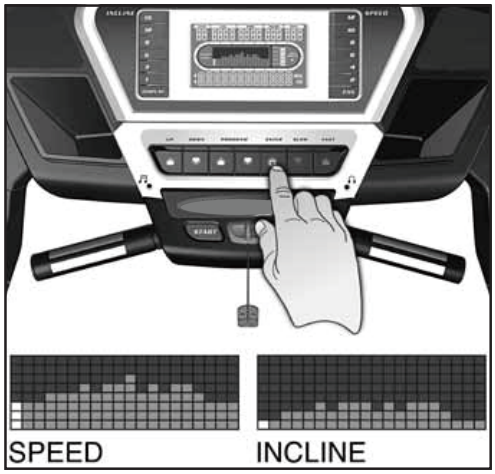






OPERATION OF YOUR TREADMILL

DOT MATRIX CENTER DISPLAY



Twenty columns of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value – only an approximate percent to compare levels of intensity. In operation, the speed/incline dot matrix window will build a profile "picture" as values are changed during a workout. When the word "Speed" is lit above the dot matrix it indicates that the Speed profile is being displayed and when the word "Incline" is lit above the dot matrix it indicates that the Incline profile is being displayed.

You may change the Dot Matrix profile view between Speed and Incline by pressing the ENTER button. After pressing select to view the two profiles, pressing the select button a third time will automatically alternate the Speed and Incline displays,showing each one for five seconds.

1/4 MILE TRACK

The 1/4 mile track is displayed around the dot matrix window. The flashing dot indicates your progress. The number of laps you complete are accumulated in the lap counter, which is below the Pulse window.

PULSE FEATURE

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse or wear the wireless chest strap. The pulse value will display anytime the upper display is receiving a pulse signal.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

There is an Audio Input Jack (♫) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, Ipod, portable radio, CD player or even a TV or computer audio signal. There is an audio patch cable included and also a headphone jack (∩) for private listening.

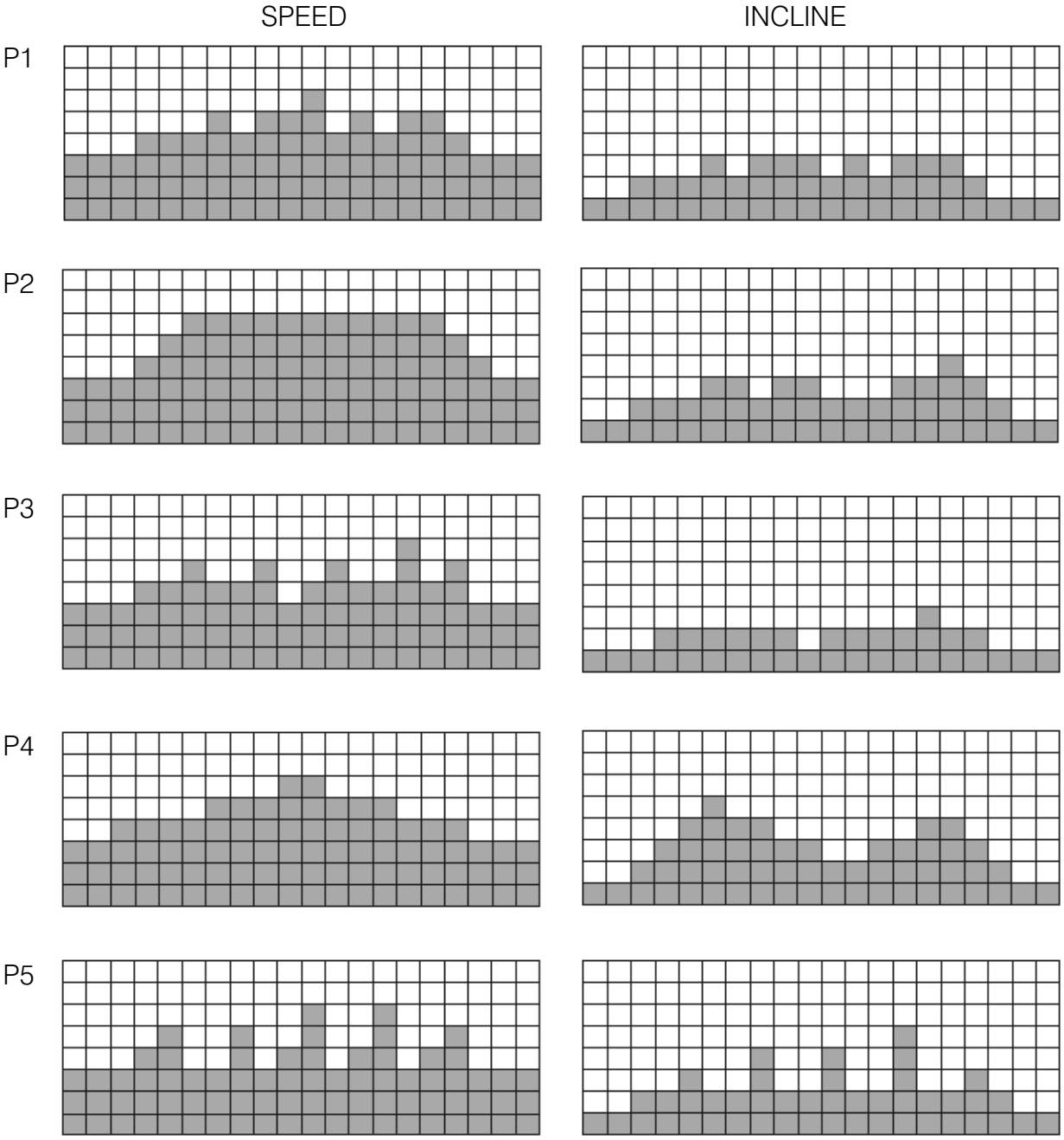
TURNING OFF TREADMILL

1. The display will automatically turn off – go to sleep – after 30 minutes of inactivity when in the Pause / Stop mode.Almost all power for the treadmill will be off except for some circuits that are needed to detect if any key is pressed, indicating the console should "wake up". When the console is "asleep" the treadmill draws very little power, about as much as your television when it is turned off.
2. Removing the safety key is similar to entering "sleep" mode. Turning off the main power switch in the front of the treadmill will completely remove any power.

COMPUTER OPERATION INSTRUCTIONS

The have ten built-in programs: one Manual program (PO),five preset profiles(P1-P5), two user defined programs (U1&U2) and two Heart Rate Control programs (H1 & H2).

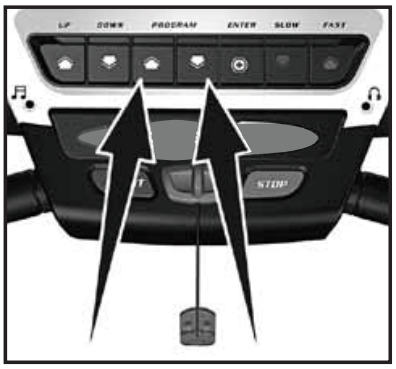
Below are shown the Speed and Incline profiles for the five preset programs.

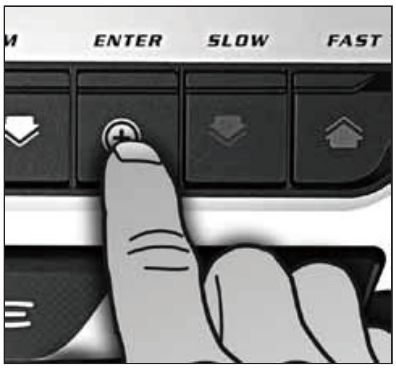


COMPUTER OPERATION INSTRUCTIONS

SELECTING A PROGRAM

1. Press the Program keys to view the programs on the screen then press the Enter key to select the program you would like to perform. The display will prompt you through the programming steps or you can just press the Start key to begin the program using the preset program values for age, weight and other program specific information.2. Removing the safety key is similar to entering “sleep” mode. Turning off the main power switch in the front of the treadmill will completely remove any power.





2. If enter was pressed, the display will prompt you to enter Time. You may use any of the Up/Down or the Fast/Slow keys to adjust the setting. After adjusting press the Enter key. (Note: You may press start at any time during the programming to start the program with the information you’ve already input.).
3. The console will now be displaying a value, which is your body weight. Entering the correct body weight will affect the calorie count. Use the Up / Down keys or the Fast/Slow to adjust, then press enter.

- A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours.The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

4. The console will display the preset top speed of the selected program. Use the Up / Down or the Fast/Slow keys to adjust, and then press enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will reach at it’s peak.
5. Press Start to begin the program. The program will begin with a 3 minute warm-up If you want to bypass this and go directly to the beginning of the program, press Start again.

COMPUTER OPERATION INSTRUCTIONS

USER PROGRAMS

1. Select User 1 or User 2 via the Program keys then press Enter. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program). If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The message window will display and flash the letter"A". To change it, press the arrow ^ key, then "B" will be displayed; if the arrow v key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press enter. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press Stop and it will be stored under either User 1 or User 2. If a User program was previously saved you will be asked if you want to delete this program.
2. If enter was pressed, the display will prompt you to enter Time. You may use any of the Up/Down or the Fast/Slow keys to adjust the setting. This is a must to continue even if the data is not adjusted.
3. The console will now be displaying a value, which is your body weight. Entering the correct body weight will affect the calorie count. Use the Up/Down keys or the Fast/Slow to adjust, then press enter.
4. The first column (segment) will now be blinking. Using the Fast/Slow or Quick keys, adjust the speed level to your desired effort for the first segment then press enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again.This is for the incline programming. Repeat the above process to program all segments for incline.
5. Press the Start button to begin the workout and also save the program to memory.
6. The actual profile picture will be re-scaled to fit in the window, but the speed and incline settings made will remain the same as programmed.

COMPUTER OPERATION INSTRUCTIONS

BEFORE WE GET STARTED, A WORD ABOUT HEART RATE:
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

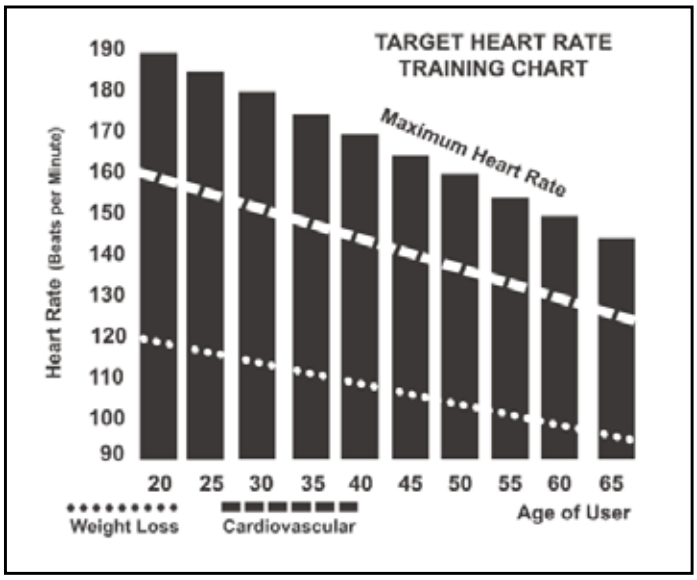
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation atomatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control treadmills you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls the incline while you control the speed.

COMPUTER OPERATION INSTRUCTIONS

RATE OF PERCEIVED EXERTION

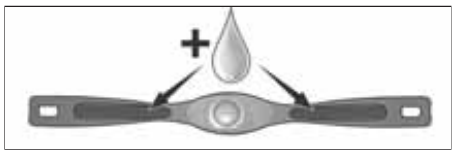
Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things. The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.
The scale is as follows:
Rating Perception of Effort
6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

USING HEART RATE TRANSMITTER

HOW TO WEAR YOUR WIRELESS CHEST STRAP TRANSMITTER:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.



6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

USING HEART RATE TRANSMITTER

HEART RATE CONTROL PROGRAMMING

CAUTION!

Heart Rate Control programs are intended for wireless transmitter chest strap. Do not use Pulse Grip bar for Heart Rate Control. You must receive a strong/steady value in the heart rate window (See Using Heart Rate Transmitter section for instrucions on how to use).

The HR1 program has a default level that is 60% of your projected heart rate maximum. This program is geared for individuals with fat loss as a goal. The HR2 program has a default of 80% of your projected heart rate maximum. It is geared for individuals with a goal of improving cardiovascular & lung function.

1. Select H1 or H2 via the Program keys then press enter.
2. The Calories window will be blinking, showing the default user's bodyweight for this program. You may adjust it and press enter if you want or just press enter to accept the default value.
3. The Calories window will now be blinking showing user's age. Adjust and press enter or press enter to accept the default value. Adjusting Age will change the Target HR value.
4. The Time window will now be blinking. Adjust the time and press enter.
5. Now you are asked to adjust the HR1 or H2 value. The default is 60% (HR1); (220 - age x .60); or 80% (HR2); (220 – age x .80). You may select a higher or lower number also. Adjust the number by pressing the Speed Up or Down keys (console or handrails) and press Enter to continue.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the speed at any time during the program press the Fast or Slow (console or handrail) keys.
8. During the HR program you will be able to scroll through the data in the message window by pressing the Display key. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
9. Press Start to begin program.

The program will now control the treadmill Incline to steadily increase your heart rate to the target value get value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target. You can make manual adjustments to the speed throughout the program.

The program will now control the treadmill to steadily increase your heart rate to the target value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target.

GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft,damp cloth,or paper towel,wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST

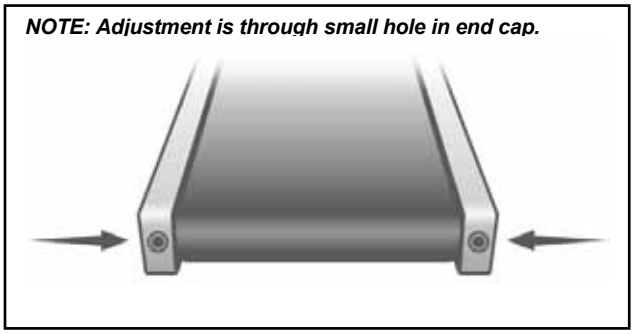
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment



Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

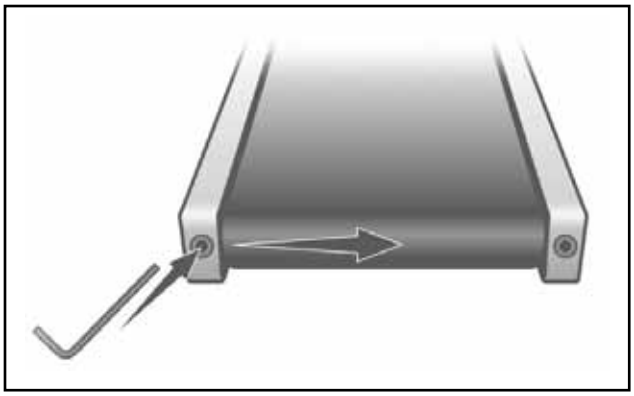
DO NOT OVERTIGHTEN–Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments arenecessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (132)is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side,then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.



If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty. The belt and deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use.

The belt & deck come pre-lubricated. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 3 mph without walking on it for about a minute or two to

make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

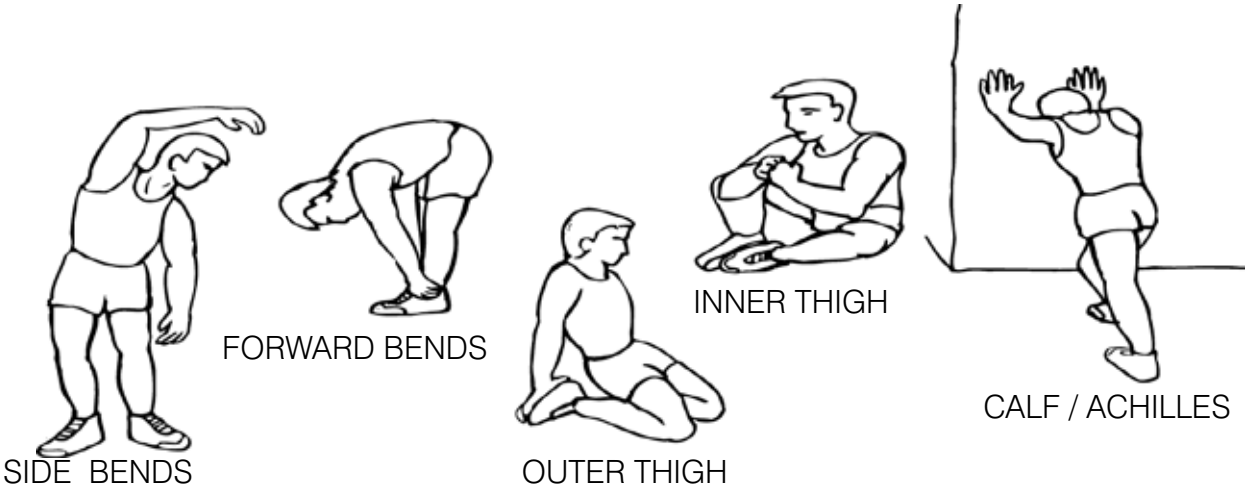
PROBLEM	SOLUTION/CAUSE
Display does not light	1.Tether cord not in position. 2.Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3.Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.
Motor is not responsive after pressing start	If the belt moves, but stops after a short time and thedisplay shows "LS", run calibration. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220V AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on lubrication.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See General Maintenance
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In-rush current" type breaker.

EXERCISE INSTRUCTIONS

Using your TREADMILL will provide you with several benefits. It will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet, help you lose weight.

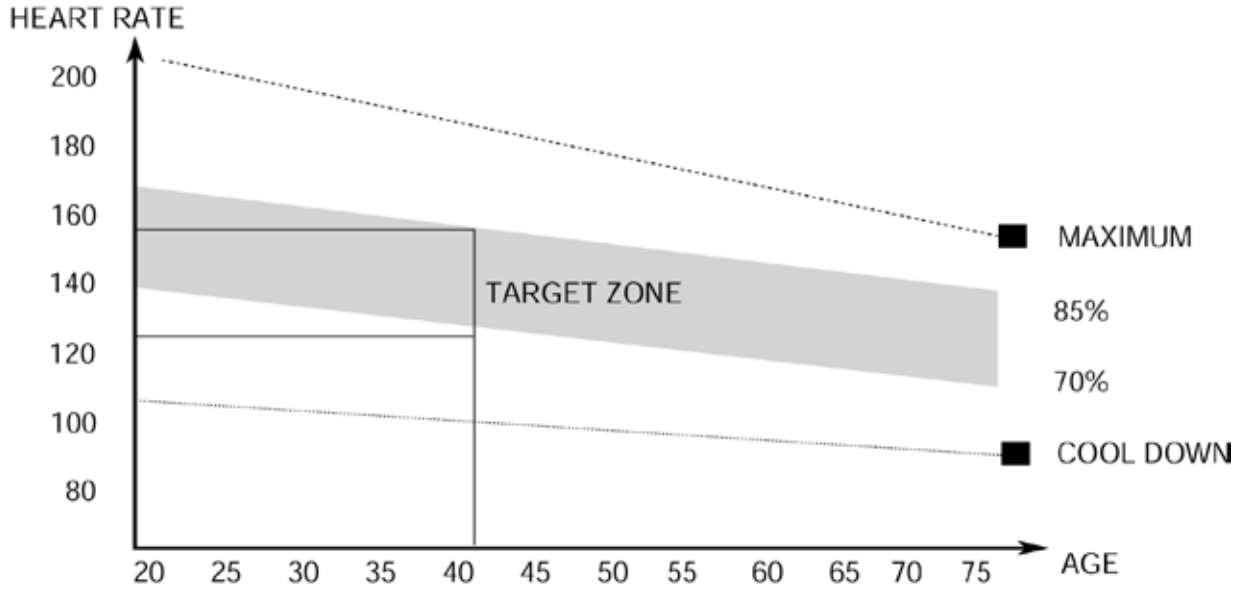
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but try to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

EXERCISE INSTRUCTIONS

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise, however reduce your tempo and continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your TREADMILL you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively, this is the same as if you were training to improve your fitness, the difference is the goal.

SPIRIT 1 YEAR LIMITED WARRANTY

Masstores (Pty) Ltd ("the Supplier") hereby provides a limited warranty to the original purchaser of this product ("the Consumer") that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the following stipulated periods from the date of purchase:

Exclusions

The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, use not in accordance with the written instructions included with the product, abuse, and/or any non-authorised modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier's negligence or any act of omission on its part.

CLAIMS UNDER 1 YEAR LIMITED WARRANTY

- Within 7 days of purchase:
  The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).
- After 7 days but within 3 months of purchase:
  The Supplier may in its sole discretion either replace or repair the product.
- After 3 months but within 1 year of purchase:
  The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

  TREADMILLS : Running Decks, Running Belts, and Rubber Arm covers

  EXERCISE BIKES / SPINNERS : Pedals, Cranks, Seats and Rubber Arm covers

  CROSS TRAINERS / ELLIPTICALS / STEPPERS : Foot Rests, Cranks, Shocks, and Rubber / Foam Arm Covers

  HOME GYMS : Pulleys, Cables, Seats and Padding

  TRAMPOLINES : Springs, Mats and Covers

  ROWERS : Rowing Strap / Rope /Arms, Pulling Handle, Grip, Moveable Seat

  VIBRATION TRAINERS : Platform / Rubber Arm Cover / Resistance Bands

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase.

SPIRIT REPAIRS PROCEDURE

1. Procedure for repairs

Should you experience any faults or breakdowns on your Spirit equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store.
- Call the Service Centre to log the faulty product (under warranty or out of warranty).
- The operator or technical advisor will try to identify the fault and will book a service.
- The service team will take the faulty product back to the service centre.
- Once the item has been repaired it will be returned to the Consumer's home on an agreed date and time.

Note: Should you live in an outlying area, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

2. Cost of repairs

2.1. Under warranty

- Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty (refer to "warranties" section of this manual).
- Any items that need to be repaired that are NOT covered in the warranty will be for the Consumer's expense. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

2.2. Out of warranty

- Any items that need to be repaired once the warranty has expired will be for the Consumer's expense, including call-out fees. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

SERVICE CENTRE NUMBER

For immediate help with assembly or for additional product information, please call our service centre:

(DBN) 031 702 5784 (JHB) 011 079 0000
(CT) 021 934 0862 (PE) 041 487 0573

please have your model name ready when you call us.

PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our Service Centre. If such proof is not available, then not withstanding anything to the contrary herein, the service agent's prevailing charges for services / repairs including call-out and / or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Service Centre and the Supplier's authorized agent will collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).

ATTACH RECEIPT

CLIENT DETAILS:

Name: .....

E-mail: .....Cell: .....

Tel (h): .....Tel(w): .....

Address: .....

.....

.....

.....

PRODUCT DETAILS:

Date of Purchase .....Serial number .....

Till slip number: ....

Description of product: ....

....

Branch purchased at: .....

.....

Masstores (pty) Ltd
16 Peltier Drive, Sunninghill
Sandton, Johannesburg, South Africa